

Information For the Use
Biotin (5mg) + Folic Acid (5mg)

Folyflit B Tablet

Biotin (5 mg) + Folic Acid (5 mg) Tablet

Generic Names:

- Biotin
- Folic Acid (Vitamin B9)

Strength:

- Biotin: 5 mg
- Folic Acid: 5 mg

Formulation:

Oral tablet

Uses:

- **Hair, Skin, and Nail Health:**
 - Biotin supports the growth and maintenance of **healthy hair, skin, and nails**.
 - Helps prevent hair thinning and brittle nails.
 - **Nutritional Support:**
 - Folic acid supports **cell growth, DNA synthesis, and red blood cell production**.
 - Important for maintaining overall **energy levels and metabolic function**.
 - **Pregnancy Support:**
 - Folic acid is essential for women planning pregnancy to prevent **neural tube defects** in the baby.
 - **General Health:**
 - Helps improve overall well-being, especially for those with **nutrient deficiencies**.
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Mechanism of Action:

- **Biotin:**
 - Acts as a coenzyme in the metabolism of **fats, carbohydrates, and proteins**.
 - Essential for maintaining keratin infrastructure, which supports hair and nail health.
 - **Folic Acid:**
 - Participates in the synthesis of DNA and RNA, promoting cell division and growth.
 - Helps in the production of red blood cells, preventing anemia.
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Dosage:

- **Typical Dose:** 1 tablet daily, or as directed by a healthcare provider.
 - Take with a glass of water, with or without food.
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Precautions:

- **Pregnancy and Breastfeeding:** Safe in recommended doses. Consult your doctor before use.
 - Inform your healthcare provider if you have:
 - **Allergies to supplements**
 - **Kidney disorders**
 - **History of seizures**
 - Avoid taking higher-than-recommended doses unless advised by a healthcare professional.
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Side Effects:

- **Biotin:**
 - Rare, but may include:
 - Skin rashes
 - Digestive discomfort
 - Acne

- **Folic Acid:**
 - Rare, but may include:
 - Nausea
 - Loss of appetite
 - Confusion or irritability

Seek medical attention for any **allergic reactions** (rash, itching, swelling).

Drug Interactions:

- May interact with:
 - **Anticonvulsants**
 - **Antibiotics**
 - **Medications for epilepsy or diabetes**

Inform your doctor about all supplements and medications you are taking.

Storage:

- Store at **20°C to 25°C** (68°F to 77°F).
 - Protect from **light** and **moisture**.
 - Keep out of reach of children.
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Note:

This supplement is not a substitute for a balanced diet. For best results, maintain a healthy lifestyle and follow your healthcare provider's recommendations.

Manufactured in India for:

CafoliTM
L I F E C A R E

Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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